

Cinnamon Oatmeal Pancakes

Makes: 10 Servings

Use your whole grain oats to make pancakes that taste good and are good for you.

Ingredients

- 1 1/2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 1 egg
- 1 1/2 cups cooked oats
- 1 1/2 cups evaporated milk
- 1/4 cup water
- nonstick cooking spray

Directions

1. Mix flour, baking powder, salt, and cinnamon in a large bowl.
2. In a separate bowl, combine egg, oats, milk, and water, and stir well.
3. Stir the oatmeal mixture into the flour mixture and stir until combined.
4. Heat a large skillet coated with nonstick cooking spray over medium heat.
5. Pour large spoonfuls of batter into the skillet. Cook until bubbles show on the tops of the pancakes, about 2 to 3 minutes. Flip over and

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	25 mg
Sodium	190 mg
Total Carbohydrate	20 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	77 mg
Iron	2 mg
Potassium	N/A

N/A - data is not available

cook an additional 2 minutes, or until golden brown and cooked through.

6. Serve warm by themselves or top with canned or fresh fruit.

Source: Recipe adapted from Commodity Supplemental Food Program Cookbook